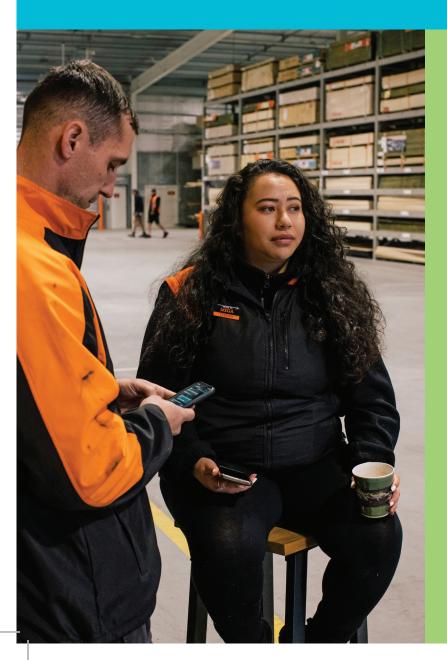
# NEED TO TALK? 1737

#### free call or text any time



Are you feeling anxious, down, a bit overwhelmed - or just need someone to talk to? Worried about friend who is having a rough time?

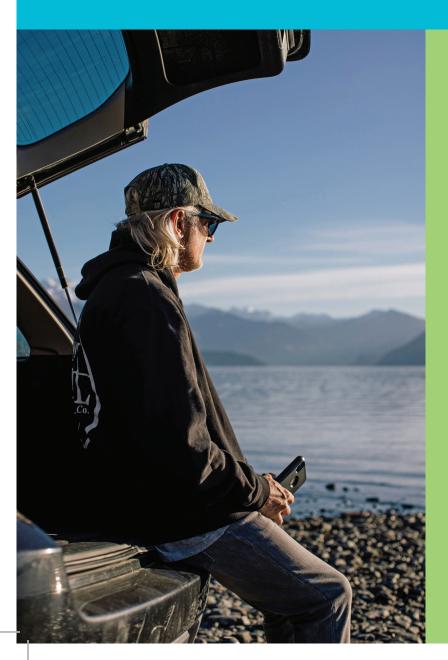
Whatever it is, we're here.

Call or text 1737 (0800 1737 1737) to talk with a trained counsellor, 24 hours a day. It's free!

Te Hau Toka Southern Lakes Wellbeing - Wanaka 2021

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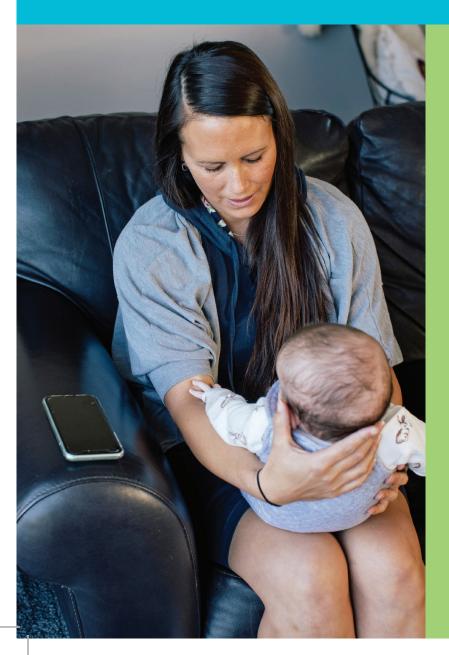
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